



DEPARTMENT OF THE ARMY  
HEADQUARTERS, XVIII AIRBORNE CORPS AND FORT BRAGG  
FORT BRAGG, NORTH CAROLINA 28310



# NORTH CAROLINA RETIRED ARMY PERSONNEL BULLETIN

2014 ANNUAL EDITION

## FORT BRAGG RETIREE APPRECIATION DAY

Friday, 16 May 2014

Retiree Appreciation Day 2014 will begin Friday morning 16 May 2014 with a full day of activities commencing with a Retiree Golf Tournament at Ryder Golf Course, medical education and screenings at the Family Readiness Center at Pope Army Airfield, Legal Assistance and ID cards issuance at the Soldier Support Center. Retiree Appreciation Day will conclude with a Welcome Social and Retiree Dinner Friday night at the Fort Bragg Club. **Entertainment will be provided by the All American Chorus from the famous 82D Airborne Division.**

The Fort Bragg Morale Welfare and Recreation (MWR) and other Fort Bragg organizations will also take part in this very

special event. With your support, we have experienced great success in previous years, and solicit both your support and attendance to help us make RAD-2014 even better. For more information on RAD activities, please call your Retirement Services Office at **(910) 396-5304 or toll free 1-800-535-6067. E-mail: [usar-my.bragg.imcom-atlantic.mbx.bragg-rso@mail.mil](mailto:usar-my.bragg.imcom-atlantic.mbx.bragg-rso@mail.mil)**

Be sure to visit our web site at: <http://www.bragg.army.mil/directorates/HR/Pages/RSO.aspx>

An invitation from the Garrison Commander

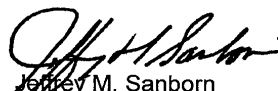
Dear Retired Soldier and Family:

You are cordially invited to attend Fort Bragg's Retiree Appreciation Day on May 16, 2014. Each year we are proud to host Retiree Appreciation Day for all retirees and their Families. Due to budgetary constraints, this year's Retiree Appreciation Day has been reduced from the usual two-day event to a one-day event. I apologize in advance for any inconvenience this change may cause. This is a great opportunity to recognize our retirees living in the state of North Carolina for their many years of selfless service to our great nation.

You and your Families will always be recognized as pillars that support and strengthen our relationship with the North Carolina community. Through this relationship, we share a unique understanding and spirit of cooperation, and the Retiree Appreciation Day is intended to ensure this relationship continues to grow even stronger.

On behalf of the over 57,000 Fort Bragg Soldiers, let me extend our warmest regards and we hope you can join us for what's sure to be a fun and informative event. Thank you for your continued support to today's Soldiers, their Families, and your unwavering service to your country and community.

Sincerely,

  
Jeffrey M. Sanborn  
Colonel, US Army  
Commanding

inside..

Page 2. Womack Army Medical Center / ID Cards / RSO. Page 3. Legal Services. Page 4. Aerial Map Page 5. Golf Information / Retiree Dinner Menus. Page 6. Dinner Reservation Form. Page 7. Golf Reservation Form. Page 8. DHR Shred-A-Thon / Casualty Assistance Information.

## WOMACK ARMY MEDICAL CENTER

Womack Army Medical Center will participate in the Retiree Appreciation Day on Friday, May 16<sup>th</sup> at the Pope Family Readiness Group Center in building number 236 on Interceptor Street on Pope Airfield. The event will run from 9:00 a.m. until 2:00 p.m.

Services will include:

- |   |  |                             |
|---|--|-----------------------------|
| - Height and weight/BMI   | - Blood pressure screening                 | - Nutrition information     |
| - Tobacco cessation information   | - Vision screening                         | - Hearing screening         |
| - Dental/oral cancer screenings   | - Physical Therapy information             | - Tricare benefits          |
| - Red Cross information   | - Mobile unit blood drive                  | - Womack clinic information |
| - Traumatic Brain Injury (TBI) information                                | - Immunizations and immunization screening |                             |
| - Pharmacy counseling (bring a list of your medications and supplements)* |  |                             |
| - Third party insurance information                                       | - Breast health-Mammography Services**     |                             |

\*Please bring a list of your medications and supplements, your vaccination record, results of most recent cholesterol test (total cholesterol and HDL) and please wear appropriate clothing for vaccinations.

\*\*Breast health—Mammography Services of the Radiology Department of Womack Army Medical Center has reserved 20 appointment slots for screening mammograms to be done on Retiree Appreciation Day, Friday, 16 May 2014. These slots will be filled on a first come, first serve basis.

**Womack Army Medical Center Clinic enrolled retirees** can call and schedule their mammogram as a self-referral if:  
they meet the screening mammogram criteria (see below)  
they know the name of their Primary Care Manager

**Retirees enrolled with providers off post** can call to schedule their screening mammograms if:  
they meet the screening mammogram criteria  
their provider issues them a prescription order (the prescription **must** be brought by you on Retiree Appreciation Day or your mammogram cannot legally be done)  
they provide the name, phone number, and fax number of their provider when calling to schedule their mammogram

### Screening mammogram criteria:

Female, 40 years of age or older

Asymptomatic (no lumps, masses or other breast concerns)

Has not had a mammogram done on both breasts within the last 12 months

As a reminder, this is a **scheduled** appointment. **Unfortunately, we will be unable to do mammograms on a walk-in basis on Retiree Appreciation Day.** Please call (910) 907-8951 or (910) 643-1730 to schedule your mammogram from 05 May 2014 thru 14 May 2014 between the hours of 8:00 a.m. and 3:00 p.m. during business days only.

**\*\*Please bring your previous mammography images and reports for comparison if they were not done at our facility.**

For more information on the medical services offered, please call 910-907-7247. Please RSVP with the number attending Retiree Appreciation Day to 910-907-9924 or via email to [pao.wamc@amedd.army.mil](mailto:pao.wamc@amedd.army.mil).

\*\*\*Services not provided this year due to updated health guidelines:\*\*\*

- Prostate screenings

- Bone density screenings

- Breast exams

- Cholesterol screening

### ID Card Facility

ID Card Facility will provide services to Retirees and Family members at the Soldier Support Center from 9:00 a.m. to 2:00 p.m. Two forms of identification are required to issue new ID cards. No appointments are required to receive services on this day. Should you need an appointment in the future, please call (910) 396-9339.

Due to the reduction in man power, you must have

an appointment for all post retirement visits to guarantee that you will be serviced upon visiting the Retirement Services Office. The Retirement Services Office hours of operation are Monday—Friday, 0900-1600. Please call (910) 396-5304 or toll free 1-800-353-6067 or email : [usarmy.bragg.imcom-atlantic.mbx.bragg-rso@mail.mil](mailto:usarmy.bragg.imcom-atlantic.mbx.bragg-rso@mail.mil) to make an appointment.

### Retirement Services Office

## Legal Services

Attorneys from the Fort Bragg legal community will offer free estate planning documents for Retirees and their spouses with valid ID cards in connection with Retiree Appreciation Day on Friday, May 16, 2014. From 9:00 a.m. to 2:00 p.m., wills, living wills, general powers of attorney, health care powers of attorney, financial powers of attorney, and specific powers of attorney will be provided on a first-come, first-served basis, to all military Retirees and their spouses at the XVIII Airborne Corps Legal Assistance Office, Soldier Support Center, 1<sup>st</sup> Floor, Wing D. Services will be limited once maximum capacity is reached. All of these documents will be prepared and signed on-site the same day. For those who may be unfamiliar with some of the above terms:

- Will: Controls the distribution of your assets and estate after you die, allows you to choose who will take care of your affairs after death, and allows you to appoint a guardian and/or trustee for minor children
- Financial POA: Appoints an agent to make financial decisions for you if you are ever unable to do so (because you are incapacitated -temporary or permanent)
- General POA: Conveys expansive powers over your estate to a person you appoint to be your attorney-in-fact.

- Living Will: Expresses your desire to be removed from life support if your condition is beyond hope of recovery
- Health Care Power of Attorney (POA): Appoints another person whom you trust to make your health care decisions if you are ever unable to do so (temporary or permanent)

A general POA is typically used to empower someone to handle all of your affairs during a period of time when you will be unable to do so. In some cases, such POAs are unnecessary, and executing such a POA may do more harm than good. Be sure to talk with an on-site attorney about what you are trying to accomplish with such a POA.

There are some limitations to the types of wills that may be drafted that day. Persons with certain special needs children or adults, trust questions, life estates, or family farms may have needs that require specialized assistance or the expertise of a civilian attorney. If you have any of these issues or any questions as to whether you need specialized services, contact the Legal Assistance Office prior to May 16 to discuss these specific needs. Everyone seeking services at the legal station will be required to complete a will worksheet. Will worksheets may be obtained in advance on our website at <http://www.bragg.army.mil/directorates/osja/Pages/LegalAssistance.aspx> or by stopping by the XVIII Airborne Corps Legal Assistance Office. Completing this worksheet in advance will assist in processing people as quickly as possible. If you are unable to obtain a worksheet in advance, please be sure to have a list with the following information: the person(s) you wish to serve as your personal representative to handle your affairs, the person(s) to serve as guardian for your minor children or grandchildren, and the person(s) to serve as trustee to safeguard money for your minor children or grandchildren. You will also need the name, address and phone number of the person(s) you wish to serve as agent and alternate agent in any power of attorney.

In addition, please remember to bring your ID card!

It is anticipated that the 2014 Retiree Appreciation Day legal services will be a well-attended event. In a difficult economy, this is a service that can provide needed and typically expensive legal documents for free. Please be aware, because it is a first-come, first-served walk-in service, you may have to wait to be seen by an attorney. It is strongly encouraged that all retirees and family members who plan to attend be prepared in case you have to wait. Anyone with nutritional or medication needs should be sure to bring provisions in case they are called back to meet with an attorney at breakfast or lunchtime or in case they are waiting for services at a time they would normally eat a snack or take medication. The Fort Bragg legal offices look forward to serving retirees in our community and extending our gratitude for your years of service and sacrifice.

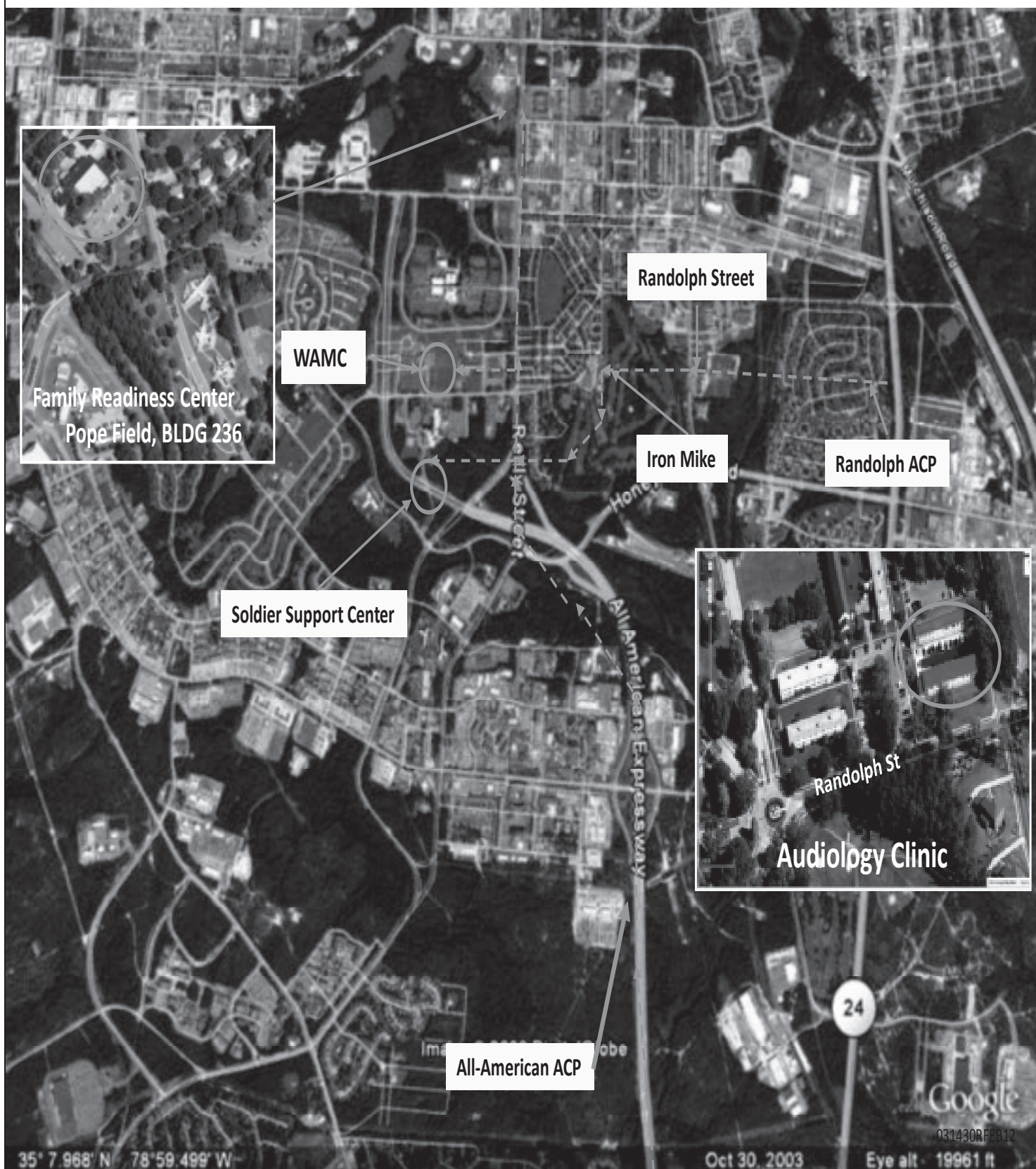
If you have questions about the legal services that will be provided in connection with Retiree Appreciation Day, you may contact the XVIII Airborne Corps legal assistance office at (910) 396-0396 or (910) 396-6113.

By: Marie Antoinette Joiner, Esq.  
Deputy Chief, Legal Assistance  
XVIII Airborne Corps & Ft. Bragg



## Aerial Map to Locations for RAD 2014 Events

THERE MAY HAVE BEEN MAJOR CONSTRUCTIONS ON FORT BRAGG SINCE YOUR LAST VISIT SO PLEASE BRING THIS MAP WITH YOU TO FIND THE VARIOUS LOCATIONS FOR THE SERVICES PROVIDED FOR THIS YEAR'S RAD



## RETIREE GOLF TOURNAMENT

The Fort Bragg Retiree Appreciation Day Golf Tournament will be conducted at Ryder Golf Course, Friday, May 16, 2014, from 7:00 a.m. to 3:00 p.m. Registration is from 7:00 a.m. to 8:00 a.m. Opening ceremony is at 8:00 a.m., and shotgun start is at 9:00 a.m. The format for the tournament is "Captain's Choice." Four person teams will be randomly formed based on handicap and current USGA Index. No team registration is allowed. The entry fee is \$40.00 per person. Greens Fee, cart, range balls, prizes, and food (hamburgers, hot dogs, baked beans, cole slaw, coffee and tea) are included. Registration cutoff is May 9, 2014.

Please provide the information requested on the reservation form (**page 5**) and send your check / money order or your MWR Credit Card number. All reservations must be processed through the Retirement Services Office. Tournament information may be obtained by dialing (910) 907-GOLF. Ryder Golf Course is located directly behind the Fort Bragg Club.



## RETIREE DINNER - Friday, May 16, 2014

The Retiree Appreciation Day Social and Welcome/Dinner will be held Friday evening at the Fort Bragg Club in the Lafayette room. The social hour (no host bar) is from 6:00 to 6:30 p.m. Dinner will be served at 6:45 p.m. Reservations must be received NLT April 25, 2014. Please provide the information requested on the reservation form (**page 4**) and send check / money order or if you prefer, your Credit Card Number (AMERICAN EXPRESS, VISA, MASTERCARD, OR MWR) to the address indicated on the form.

### Dinner Menu Choices

#### Menu #1

##### "London Broil Steak"

Served with Garlic-Herbed Mashed Potatoes \* Green Beans Almandine \* House Salad with Ranch Dressing \* Homemade Bread & Butter \* Sweetened Iced Tea, Water, & Coffee \* and Cherry Cobbler

**\$21.00 per person**

#### Menu #2

##### "Oven Roasted Half Chicken"

Served with Garlic-Herbed Mashed Potatoes \* Green Beans Almandine \* House Salad with Ranch Dressing \* Homemade Bread & Butter \* Sweetened Iced Tea, Water, & Coffee \* and Cherry Cobbler

**\$19.00 per person**

#### Menu #3

##### "Pasta Primavera (Veggie)"

Served with \* House Salad with Ranch Dressing \* Homemade Bread & Butter \* Sweetened Iced Tea, Water, & Coffee \* and Cherry Cobbler

**\$17.00 per person**

## DINNER RESERVATION

**RESERVATIONS ARE REQUIRED** to participate in the Retiree Dinner on Friday, May 16, 2014. Due to preparation costs for the dinner, it is necessary to pay in advance. Payments must be made by Check, Money Order or Credit Card no later than April 25, 2014.

**\*\* (NO CANCELLATIONS after April 25, 2014) \*\***

### DINNER RESERVATIONS

**Cost of meal includes gratuity, dessert, coffee or tea.**

☐ I plan to attend the Retiree Dinner Friday, May 16, 2014 at the Fort Bragg Club. The number in my party is \_\_\_\_\_. Please check choice of menu below and indicate **number of each meal (s)**.

☐ **#1 "LONDON BROIL STEAK"**

cost per person: (\$21.00)

number of meals: \_\_\_\_\_

Total menu #1: \$ \_\_\_\_\_

☐ **#2 "HALF ROASTED CHICKEN"**

cost per person: (\$19.00)

number of meals: \_\_\_\_\_

Total menu #2: \$ \_\_\_\_\_

☐ **#3 "PASTA PRIMAVERA"**

cost per person: (\$17.00)

number of meals: \_\_\_\_\_

Total menu #3: \$ \_\_\_\_\_

☐ Enclosed is my Check / Money Order **payable to the Fort Bragg Officers' Club** for \_\_\_\_\_ dinner(s).

☐ Charge to my credit card AMEX \_\_\_\_\_ VISA \_\_\_\_\_ MASTERCARD \_\_\_\_\_ MWR \_\_\_\_\_ / \_\_\_\_\_  
(Account Number) (Expiration date)

Rank, Name (Last, First, Mi) (Please Print)

(Signature)

(Dinner Choice)

Phone Number (include Area Code)

Address, City, State, Zip code (Please Print)

\$ \_\_\_\_\_  
(TOTAL)

Name of Spouse: \_\_\_\_\_

Dinner Choice: \_\_\_\_\_

Name of Guest: \_\_\_\_\_

Dinner Choice: \_\_\_\_\_

Name of Guest: \_\_\_\_\_

Dinner Choice: \_\_\_\_\_

Name of Guest: \_\_\_\_\_

Dinner Choice: \_\_\_\_\_

There will be a seating chart for the dinner. If you have guests/friends not listed above whom you would like to sit with, please provide their names below.

Guest/Friend: \_\_\_\_\_

Guest/Friend: \_\_\_\_\_

Guest/Friend: \_\_\_\_\_

Guest/Friend: \_\_\_\_\_



**PLEASE MAIL OR BRING THIS RESERVATION FORM AND PAYMENT TO THE RETIREMENT SERVICES OFFICE  
NO LATER THAN 25 April 2014.**

**MAIL TO: INSTALLATION RETIREMENT SERVICES OFFICE, ATTN: IMBG-HRM-T, POST OFFICE BOX 70029  
FORT BRAGG, NC 28307-0029**

**BRING TO: INSTALLATION RETIREMENT SERVICES OFFICE, 1ST FLOOR OF THE SOLDIER SUPPORT CENTER  
(OLD WOMACK HOSPITAL) ON NORMANDY DRIVE**

## GOLF RESERVATION

Entry fee is \$40.00 per person. Greens Fee, cart, range balls, prizes to include first, second, third, and fourth place team, closest to the pin prizes for all four par three holes and longest drive on two holes. Food included is Hamburger/Hotdog meal with Baked Beans, Coleslaw along with Keg of Beer and Fountain Soda beverages. The first 120 applicants will be accepted. Sign-in time is from 7:00 a.m. to 8:00 a.m., Tee Time is 9:00 a.m. **No team registration. Teams will be randomly formed based on handicap.**

Sign me up for the RAD Golf Tournament at Fort Bragg's Ryder Golf Course, Friday, May 16, 2014.

Enclosed is my Check / Money Order **payable to Ryder Golf Course.**

Charge to my credit card AMEX \_\_\_\_\_ VISA \_\_\_\_\_ MASTERCARD \_\_\_\_\_ MWR \_\_\_\_\_ / \_\_\_\_\_  
( Account Number) ( Expiration date)

\_\_\_\_\_  
(Rank, Name (Last, First) (Please Print)

\_\_\_\_\_  
Signature)

\$ \_\_\_\_\_  
(TOTAL)

\_\_\_\_\_  
(Phone Number (Include Area Code)

\_\_\_\_\_  
Address, City, State, Zip code (Please Print)

My Handicap is: \_\_\_\_\_; I normally shoot a score of \_\_\_\_\_ after 18 holes.

Guest: \_\_\_\_\_ Handicap is: \_\_\_\_\_; I normally shoot a score of \_\_\_\_\_ after 18 holes.

Guest: \_\_\_\_\_ Handicap is: \_\_\_\_\_; I normally shoot a score of \_\_\_\_\_ after 18 holes

Guest: \_\_\_\_\_ Handicap is: \_\_\_\_\_; I normally shoot a score of \_\_\_\_\_ after 18 holes

Guest: \_\_\_\_\_ Handicap is: \_\_\_\_\_; I normally shoot a score of \_\_\_\_\_ after 18 holes

Guest: \_\_\_\_\_ Handicap is: \_\_\_\_\_; I normally shoot a score of \_\_\_\_\_ after 18 holes



PLEASE MAIL THIS RESERVATION FORM TO REACH THE RETIREMENT SERVICES OFFICE NO LATER THAN May 9, 2014.  
MAIL TO: INSTALLATION RETIREMENT SERVICES OFFICE, ATTN: IMBG-HRM-T, POST OFFICE BOX 70029, FORT BRAGG, N.C. 28307-0029.

DEPARTMENT OF THE ARMY  
HQ, XVIII ABN CORPS & FT BRAGG  
IMSE-BRG-HRM-P  
FORT BRAGG, NC 28307

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### **DHR Sponsors Retiree Shred-A-Thon**

Tired of hoarding all those old utility bills and credit card statements. Are your personal filing cabinets running out of storage space? Discarding these type of items in your trash can be risky business especially with Identity Thefts on the rise. All too often personal information is retrieved from one's own personal garbage and later used for fraud. During the Annual Fort Bragg Retiree Appreciation Day, 0900-1400, Friday, May 16, 2014, the Director of Human Resources (DHR) will sponsor a Shred-A-Thon Event that's free to all Military Retirees. The Shred-A-Thon will be located in the parking lot of the Fort Bragg Club. What better way to securely dispose of all those no longer needed personal documents.

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## **Casualty Assistance Officer (CAO) Support**

If requested, Fort Bragg appoints a CAO to provide casualty assistance to the primary next-of-kin (PNOK) of all Army retirees who are residents of North Carolina. If requested by the PNOK, Fort Bragg will provide burial honors for Army retirees who pass away while a North Carolina resident. The request for burial honors must be made through the funeral director.

The CAO is not allowed to provide uniform items or decorations for a burial. If a retiree wishes to be buried in uniform, he or she should ensure that a uniform of proper size and all decorations are available to the PNOK. Retirees who present proof of retirement (ID Card and DD Form 214) may make uniform purchases at the Installation Clothing Sales Store. If you have any questions or need additional information, please feel free to contact the Casualty Section at (910) 396-9901 or the Chief, Casualty Assistance Center at (910) 396-9537. Specific questions concerning SBP and other benefits should be directed to the Retirement Services Office (RSO) at (910) 396-8591 or 1-800-535-6067. E-mail: [usarmy.bragg.imcom-atlantic.mbx.bragg-rso@mail.mil](mailto:usarmy.bragg.imcom-atlantic.mbx.bragg-rso@mail.mil)

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The North Carolina Retired Army Personnel Bulletin is published by the Installation Retirement Services Office, a section of the Directorate of Human Resources, XVIII Airborne Corps and Fort Bragg. It is published under the provisions of Army Regulation 600-8-7 to communicate with U.S. Army retired Soldiers, their Families and survivors residing in North Carolina, and to provide a means of facilitating the accomplishment of the objectives of the Army Retirement Services Program by providing information and assistance. Articles appearing in this publication do not necessarily reflect the opinion of the commander or Department of the Army. Inquiries or comments concerning this bulletin should be sent to the Installation Retirement Services Officer, P.O. Box 70029, Fort Bragg, NC 28307-0029 or e-mail: [donnell.m.edwards.civ@mail.mil](mailto:donnell.m.edwards.civ@mail.mil)

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Garrison Commander  
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